

## **Appendix A – Disease Specific Resources**

### **Arthritis**

#### **What:**

Arthritis has become a challenging public health problem due to the aging of the population and the dramatic increase in overweight and obesity. There are over 100 different conditions that are considered an arthritis diagnosis. The most common are osteoarthritis, gout, rheumatoid arthritis, and fibromyalgia. In Wisconsin 27%, or about one in four, of adults, have doctor-diagnosed arthritis. This amounts to approximately 1.1 million persons with arthritis. Overall, 21% of working age adults have arthritis (34% of adults 45-64 years, and 13% of those 18-44 years.) In Wisconsin, arthritis is a leading cause of disability, limiting about 36% of Wisconsin's adults in some way.

#### **Why:**

There are effective ways to prevent arthritis; to reduce the symptoms; lessen the disability; and improve the quality of life for people with arthritis:

- ❖ Weight control and injury prevention can lower risk. Adults with arthritis are more likely to be obese (30%) than persons without arthritis (19%).
- ❖ Early diagnosis and appropriate management, including self-management, such as weight management and regular physical activity may decrease the pain and disability that accompany arthritis.

#### **Resources:**

##### **Wisconsin Arthritis Program**

Wisconsin Department of Health and Family Services, Milwaukee Area Health Education Center (AHEC) (414)-384-8575, website: <http://dhfs.wisconsin.gov/health/arthritis/>

The Wisconsin Arthritis Program joins with many public and private partners to focus on increasing awareness of arthritis as a common condition; and to promote primary and secondary prevention of arthritis with evidence-based interventions.

##### **National Arthritis Program**

Centers for Disease Control and Prevention (CDC), website: [www.cdc.gov/arthritis](http://www.cdc.gov/arthritis)

The CDC Arthritis Program works to improve the quality of life for people affected by arthritis and other rheumatic conditions by working with states and other partners to increase awareness about appropriate arthritis self management activities and expanding the reach of programs proven to improve the quality of life for people with arthritis.

##### **Arthritis Foundation**

The national Arthritis Foundation is a voluntary health organization dedicated to helping people with arthritis, educating patients and the public about arthritis, and supporting arthritis advocacy and research. 1-800-568-4045, website: [www.arthritis.org](http://www.arthritis.org)

# Cancer

## What:

Cancer is the second leading cause of death in Wisconsin. In 2003, approximately 25,800 Wisconsin residents were diagnosed with cancer and almost 11,000 died from the disease. Cancer is caused by both external factors (tobacco, chemicals, radiation and infectious organisms) and internal factors (inherited mutations, hormones, immune conditions and mutations that occur from metabolism). Even though residents of Wisconsin are still getting and dying from cancer, it is not the death sentence it once was. With improved prevention, detection and treatment of cancer, more than half of those who have cancer will survive and each year the number of cancer survivors grows.

## Why:

- ❖ About 1/3 of cancer deaths are preventable by healthy lifestyle behaviors such as regular exercise, weight control and limiting alcohol consumption.
- ❖ In Wisconsin, nearly one of every four adults is obese and almost two-thirds are either overweight or obese. Obesity increases the risk of many chronic diseases, including cancer.

## Resources:

### **Wisconsin's Comprehensive Cancer Control Program & WI Cancer Council**

Wisconsin Department of Health & Family Services & UW Comprehensive Cancer Center  
(608) 265-9322. [www.wicancer.org](http://www.wicancer.org)

The Wisconsin Comprehensive Cancer Control Program will serve as a common framework for action in cancer prevention and control in Wisconsin. Its mission is to create a consortium of public and private partners empowered to develop, implement, and promote a statewide coordinated approach to cancer control.

### **National Comprehensive Cancer Control Program**

Centers for Disease Control, Cancer Prevention and Control. [www.cdc.gov/cancer](http://www.cdc.gov/cancer)

CDC is a leader in nationwide cancer prevention and control, working with national organizations, state health agencies and other key groups to develop, implement, and promote effective cancer prevention and control practices.

### **National Cancer Institute**

1-800-4-CANCER. [www.cancer.gov](http://www.cancer.gov)

The National Cancer Institute conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

### **American Cancer Society**

1-800-ACS-2345. [www.cancer.org](http://www.cancer.org)

The American Cancer Society is at work in communities all across the country providing programs aimed at reducing the risk of cancer, detecting cancer as early as possible, ensuring proper treatment, and empowering people facing cancer to cope and maintain the highest possible quality of life.

## **Diabetes**

### **What:**

An estimated 329,000 Wisconsin adults (8%) have diabetes (94,000 undiagnosed). That's two of every 25 adults you meet. When a person has diabetes, his or her body cannot properly use the energy it gets from the food eaten. This is because the body either is no longer producing insulin, is not producing enough insulin, or the insulin is not working. Insulin is a natural hormone produced by the pancreas and its job is to keep blood sugar levels normal.

People control their blood sugar levels by eating healthy foods, engaging in regular physical activity, taking their medications (by mouth or injection), and monitoring their blood sugar levels. People who have diabetes, as well as people at risk for developing diabetes, need information on making lifestyle changes. The goal of diabetes management is to keep blood sugar levels as normal as possible to prevent complications. If appropriate blood sugar levels are not maintained, there is increased risk for complications such as: high blood pressure, heart disease, stroke, eye disease/blindness, kidney disease, foot problems and amputations, dental disease and complications of pregnancy.

### **Why:**

- ❖ Many people are at increased risk for developing type 2 diabetes because of risk factors such as age, weight, and sedentary lifestyle.
- ❖ People with diabetes are 2 to 4 times more likely to develop heart disease and stroke than people without the disease.
- ❖ Nationally, estimated total medical expenditures in 2002 incurred by persons with type 1 or type 2 diabetes were \$13,243 per capita per year versus \$2,560 for persons without diabetes (*American Diabetes Association, 2003*).

### **Resources:**

#### **Diabetes At Work Program**

Centers for Disease Control, Division of Diabetes Translation [www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

This online diabetes and health resource kit can help your company assess the impact of diabetes in the workplace and provide easy-to-use information for your wellness program. Resources contained on the DiabetesAtWork.org web site include: a planning guide, assessment tools, lesson plans, fact sheets, resources, and frequently asked questions (FAQ's).

#### **Diabetes Toolbox**

The Alliance [www.alliancehealthcoop.com/diabetes](http://www.alliancehealthcoop.com/diabetes)

The [Diabetes Toolbox](#) was designed to help employers improve employee wellness and reduce the burden of diabetes. The Toolbox contains detailed information on specific workplace strategies: Diabetes Overview, Early Detection, Education, Supportive Work Environment, and Tools to Assist Individuals with Diabetes.

**Diabetes Prevention and Control Program**

Wisconsin Department of Health & Family Services [www.dhfs.state.wi.us/health/diabetes](http://www.dhfs.state.wi.us/health/diabetes)  
(608) 261-6855

Resources for health professionals, patients and family members: Burden Study, Surveillance Report, Wisconsin Essential Diabetes Care Guidelines, Children with Diabetes: a Resource Guide for Schools, Diabetes Strategic Plan; diabetes self-management materials

**National Diabetes Education Program**

Centers for Disease Control, Division of Diabetes Translation [www.ndep.nih.gov](http://www.ndep.nih.gov)  
To order materials: (800) 438-5383

The National Diabetes Education Program develops and implements ongoing diabetes awareness and education materials and activities for people with diabetes and those at risk for developing diabetes, including materials that address the needs of special populations.

**American Diabetes Association**

1-800-DIABETES (342-2383) [www.diabetes.org](http://www.diabetes.org)

To fulfill its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes, the American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

## **Heart Disease and Stroke**

### **What:**

Heart disease is the number one cause of death in Wisconsin and stroke is the third leading cause. In 2004, more than 16,000 Wisconsin deaths (about 35%) were due to heart disease, stroke, or other forms of cardiovascular disease. An estimated 280,000 Wisconsin adults (8% of adult population) suffered from heart disease and 74,000 adults (2% of adult population) suffered from stroke in 2004, a major cause of disability.

Nationally, the 2006 estimated total medical expenditures incurred by persons with heart disease will be \$148 billion and for stroke approximately \$37 billion (*Heart Disease and Stroke Statistics—2006 Update, American Heart Association, 2006*).

### **Why:**

Many of the risk factors of heart disease and stroke, such as high blood pressure, high cholesterol, excess weight or obesity, can be prevented, modified or controlled by adopting a healthy lifestyle with adequate physical activity and appropriate nutrition.

To reduce your risk factors, it is also important to know the warning signs and know how to respond quickly and properly if warning signs occur. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment and prevent disability.

### **Heart Attack Warning Signs**

- ❖ Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ❖ Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ❖ Shortness of breath may occur with or without chest discomfort.
- ❖ Other signs may include breaking out in a cold sweat, nausea or lightheadedness

### **Stroke Warning Signs**

- ❖ Sudden numbness or weakness of the face, arm/leg, especially on one side of the body.
- ❖ Sudden confusion, trouble speaking or understanding.
- ❖ Sudden trouble seeing in one or both eyes.
- ❖ Sudden trouble walking, dizziness, loss of balance or coordination.
- ❖ Sudden, severe headache with no known cause.

### **Resources:**

#### **Heart Disease & Stroke Prevention Program**

Wisconsin Department of Health & Family Services

(608) 266-3702. [www.dhfs.state.wi.us/health/cardiovascular/ResouceandLinks.htm](http://www.dhfs.state.wi.us/health/cardiovascular/ResouceandLinks.htm)

Resources for professionals, patients, and family members: Burden Report, Surveillance Report.

#### **American Heart Association/ American Stroke Association**

1-800-AHA-USA-1 (242-8721).

[www.americanheart.org](http://www.americanheart.org)

1-800-4-STROKE (478-4653).

[www.strokeassociation.org](http://www.strokeassociation.org)

Resources on research, statistics, tips for healthy lifestyle and other services to people with cardiovascular disease, their families, health professionals and the public.